

## ABSTRACT OF THE DISCLOSURE

A lounge chair with ergonomic features. The lounge chair includes frame, a contoured seat section and an adjustable contoured back section that can be angularly biased relative to the seat section. The mechanism that permits the angular positioning between the seat and back sections includes a biasing member (such as a spring) and an actuator that can be operated with one hand, thereby promoting ease of use. A variable-position aperture formed into the back section can accommodate users of different heights. The contouring can be bowed upward to provide additional ventral or dorsal support to a user depending on whether the user lying prone or supine on the chair. In one embodiment, the lounge chair is of predominantly wooden construction, preferably from a dense hardwood.